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Embrace Your Inner Self and Empower Yourself
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February 9th 2015: 3 Steps to experience more Qi~Joy in Your Life

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We will discuss the basics of Spring Forest Qigong method of healing our Yin and Yang energies. Qigong is pronounced as Chee- Gong, where Qi means Energy and Gong means working with. It is about balancing Yin (female energy) and Yang (male energy) in our body to bring harmony and joy in our lives. You will experience the slow moving exercises as guided by Munira and also guided meditation to experience the harmony of qigong. We will talk about the 3 steps to experience more Qi-Joy in your life.



Featured Guest



Munira Jiwa

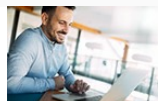
Munira Jiwa is a Spreader of Qi~Joy ! Munira experienced a complete transformation from her chronic neck and back pain after discovering Spring Forest Qigong (SFQ) developed by Master Chunyi Lin.

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